



Town of  
*Westford*  
Massachusetts

**Town Manager's Newsletter**

**November 2014**



**Jodi Ross,  
Town  
Manager**

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[www.westfordma.gov/tm](http://www.westfordma.gov/tm)  
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Watch

**westford**   
community access television

[www.westfordcat.org](http://www.westfordcat.org)

**Dear Westford residents,**

Thank you to all of our veterans for their service to our country. On November 11th we had a moving ceremony to honor our veterans, participants were able to shake hands with veterans and thank them personally for their service.

This month we received Project Eligibility Notifications from the Mass Department of Transportation confirming that Route 40 and Oak Hill Road intersection and the Route 40 and Dunstable Road intersection improvement projects are eligible for Federal Aid highway funding, at estimated project cost of \$1.4M and \$1.6M respectively. Funding still needs final approval from the Northern Middlesex Metropolitan Planning Organization as part of the Transportation Improvement Program (TIP) process, but these projects are currently programmed for FYs 2017 and 2018.

Our bid results came in favorably for the Westford Museum Historic Renovation project, and at their October 28<sup>th</sup> meeting, the Board of Selectmen approved a contract to Campbell Construction in the amount of \$229,350 to begin this work.

You may have read that National Grid electric rates will begin increasing this fall, and they are expected to dramatically increase during the winter months. Our town's previous fixed rate electricity supply agreement was set to expire in December. In advance of this, we proactively acquired multiple competitive bids for a new contract, and we were able to contract at a two year fixed price with Great Eastern Energy at a rate very similar to our current rate. This will insulate our town from the significant price increases this winter and any future increases over the term of the contract. During this winter this contract is expected to save our town approximately \$288,000 over the National Grid rate.

I would also like to share that we are exploring options for a town-wide energy procurement program which would include all energy takers in the community, not just municipal facilities. This is still in the exploratory phase but could result in significant savings for all home owners and businesses in the community if implemented in the future.

Our Agricultural Commission partnered with Westford's K-5 schools this fall to introduce students to local agriculture. In celebration of National Food Day, Friday, October 24, more than 2000 students in Westford's 6 elementary schools and 3 private preschools were invited to see how much noise they can collectively make in celebration of fresh food, as they took part in The Great Westford Lunch Crunch. Students were provided a whole, locally-sourced fresh apple, carrot or other crunchy vegetable of their caregiver's choosing and invited to simultaneously "crunch" with their classmates. A weeklong lunchtime educational program covered the nutritional benefits of eating fresh, whole foods, and the unique role of local apple production in Westford's history. A food drive was held to benefit the Westford Food Pantry, and apple cores were composted. To follow on the lesson, students were invited to make a healthy eating pledge of their own on Monday, Oct. 27. Food Day is a national day of awareness building for healthy, affordable and sustainable food.

**(continued on next page)**

[WWW.WESTFORDMA.GOV](http://WWW.WESTFORDMA.GOV)

In response to our recent bear sightings, we held a public discussion: Preventing Conflicts with Black Bears on November 6<sup>th</sup> with Patricia Huckery, Northeast District Supervisor of the Massachusetts Division of Fisheries & Wildlife. We have more information available on our website about living peacefully with these animals: [Preventing Conflicts with Black Bears](#).

For the first time this year we offered Halloween Trick or Treating at Town Hall, which was a great success. We invited parents and Westford Preschools to bring their preschool aged children to Town Hall on October 31<sup>st</sup> between 10:00 a.m. – 12:00 noon. Approximately 150 children attended. Town Hall, Police, and Fire Department staff dressed in costume, handed out candy, bubbles and stickers to the children. This event provided a unique opportunity to engage parents and their small children with our town staff in a friendly and fun environment.

It was with great pleasure that I attended the grand opening of our new five units of Veterans' Housing located at 173 Carlisle Road. This housing, created by CHOICE (Chelmsford Housing Opportunities for Intergenerational and Community Endeavors), will provide affordable, sober housing to income-eligible veterans and their families. I would like to extend my great appreciation to David Hedison, Executive Director of the Chelmsford Housing Authority, CHOICE, and the multiple project funders who made this housing possible.



We had another successful special town meeting on October 20<sup>th</sup> with the results available at the following link: [Special Town Meeting Results](#).

The Selectmen approved a new Hunting Policy which may be viewed at the following link: [Hunting on Board of Selectmen Land Policy](#).

The Selectmen also approved our 2015 Board of Selectmen/Town Manager goals which may be viewed here: [2015 Board of Selectmen / Town Manager Goals](#).

We were delighted to receive \$1,290 from Coldwell Banker Residential Brokerage of Westford, for fuel assistance for our seniors administered through the Cameron Senior Center.

I would also like to thank Emerson Hospital for a \$10,000 generous donation to advance our senior health programs, specifically our senior dental and shingles programs.

I am pleased to announce our very own Chris Kluchman, Director of Land Use Management, was selected to represent the Mass Association of Planning Directors on the 495/MetroWest Suburban Edge Commission, and our Building Commissioner, Matt Hakala, was appointed to the Department of Public Safety, Building Official Certification Committee. Congratulations to both of these important staff members on these significant accomplishments.

Congratulations to Jim Gozzo, Westford Conservation Commission member, for receiving a Certificate of Achievement from the Massachusetts Association of Conservation Commissions for successfully completing their eight-unit *Fundamentals for Conservation Commissioners* course.

**(continued on next page)**



Police Officers Derek Hartley and Scott Hyder were recently acknowledged by the Selectmen for aiding a resident in catching her dog, which had gotten loose in the Market Basket parking lot. Also Police Dispatcher Andrew Sherman and Animal Control Officer Meg Mizzoni, and several library staff members were acknowledged for helping to return lost puppies found at the library back to their owner.

Two new volunteers joined town committees this month. I would like to thank Jennifer Williams for volunteering to serve on the Pedestrian Safety Committee and Scott Fitzgerald as an alternate member to the Zoning Board of Appeals.

The Board of Selectmen is looking for multiple members to join the newly re-established Arts and Technology Scholarship Committee. This committee is charged with administering a grant program to fund innovative initiatives that enhance the curriculum of the Westford Public School and administering a scholarship program to help provide financial aid for Westford students attending college.

There are several openings on other local boards and committees, including the Bylaw Review, Communications Advisory, Cultural Council, Historical Commission, Public Works Initiative Committee, and others, and I urge you to peruse our website for information about the work of these committees. If you have interest, please complete a Citizen's Activity form at this link: [Citizen Activity Form](#) or stop by and fill out a form in the town manager's office.

Happy Thanksgiving to all!

Sincerely,



*Westford's new 'Engine 1'. Currently being outfitted in North Attleboro, expected to be delivered in late November/Early December.*

## Veterans Services

### Westford veterans ride the COA van to learn about VA healthcare options

This past March, Westford Veterans' Service Officer (VSO) Terry Stader took a group of veterans to a healthcare orientation at the Bedford VA Hospital. The excursion was a success, so he held another on October 15.

The goal was to recruit veterans who do not currently use VA healthcare services who might qualify for benefits. Stader worked with the Bedford VA's Outreach Coordinator to reserve space in the VA's October 15 session orienting people to the VA healthcare system. The Westford Council on Aging (COA) and Town Manager each publicized the opportunity in their newsletters. Eight veterans signed up, and Stader pre-registered them in the VA system prior to October 15.

To get to Bedford, the COA offered their van, and the COA's Transportation Manager Laura Mitchell filled in as the driver. Stader works closely with the COA, including meeting regularly with Mitchell to brainstorm solutions to local transportation challenges and share information about transportation options.



On October 15, the veterans gathered at 9 AM and rode together to the VA. At the VA, they participated in morning and afternoon orientation sessions, where they learned about the wide range of services the VA offers, including a "Healthcare in your Home" program where qualifying veterans can receive home visits from medical staff. Stader was able to treat the veterans to lunch with donated funds from area community groups. Before leaving the Bedford VA medical center, each veteran made a primary care and a lab work appointment. The van picked the veterans up promptly at 2:20.

Learning a new healthcare system can be overwhelming or scary, but going together as a group fostered a supportive atmosphere for the Westford veterans – and transportation played an important role. The shared ride in the morning offered veterans a chance to bond, and on the ride home, veterans engaged in an informal debrief session. "The bus rides gave us the chance to interact with each other and bounce things off each other. You don't get this if you all drive separately," Stader noted.





## **Veterans Services (continued)**

### **Hundreds of Dental Kits ready to be shipped to Troops - Women's Club thanks town for support**

Thanks to the support of many in the community, the Westford Women's Club recently collected over 2,800 items to be used as part of care packages sent to military servicemen and women overseas. Members solicited donations of toothbrushes, toothpaste, and lip balm as well as personalized greeting cards to create dental kits for the care packages for troops.

Donation drop-boxes were posted at the Cameron Senior Center, the Department of Veterans Services office, J.V. Fletcher Library, and the Rita Miller and Abbot schools.

Club members completed the project in support of MooreMart, a well-known organization in Nashua. MooreMart recently celebrated its 10 year anniversary- a true local success story in helping deployed military, sending 65,000 care packages to date to supply soldiers serving in Iraq and Afghanistan with items they need.

Members were able to use the donated items to make over 700 dental kits which will be delivered to MooreMart in November for use in their fall packing event. The kits are one of several items on MooreMart's list of supplies requested by troops in Iraq and Afghanistan.



*Veterans Service Officer Terry Stader helped members of the Westford Women's Club bag and sort over 2,000 items into personalized dental kits at the home of a club member.  
(L to R): Rosheen Secor, Terry Stader, Lisa Wolstencroft, and Sandie Taylor.*



MooreMart co-founders, The Honorable Paul S. Moore and his sister, Carole Moore Biggio were thrilled to hear about the efforts of the club, as well as those of the entire Westford community. "We are so impressed with all the organizations that supported the Westford Women's Club in collecting these important items for our troops. We would like to give a heartfelt thank you to everyone involved in this project!"

The club also received donations from Westford Dentistry, and from Nancy Cook and Concord Oil, which promoted the project through company mailings, and served as an additional drop-off site.

*"Our troops really appreciate receiving a card or a package showing that those back home are thinking of them. The Westford Women's Club did a terrific job getting the word out on this and the community definitely responded,"* Terry Stader, Westford Veterans Services Officer.

## Tax Collector - Treasurer's Office

### *'Tis the Season for Tax Deductable Giving!*

Income tax season is right around the corner. Are you looking for a good cause to boost your charitable giving this year? Did you know that there are three very worthy causes here in Westford to which you can make a tax deductible donation that will benefit your neighbors? The back of every tax bill has a giving form printed on it for donations to these three local funds, but you can give any amount at any time even without the form.



**Tax Relief for the Elderly And Disabled** fund, also known as the TREAD program, is overseen by a volunteer committee. Applications are taken at the Senior Center and reviewed by the committee. The funds are distributed to elderly and disabled residents who are in serious need of help. The tax relief provided through TREAD is crucial for these folks. Over the past couple of years donations to the TREAD fund have been declining, but the need is increasing. This is a very worthy cause and your donations make a big impact in the lives of those who are helped.

The **Tax Collector's Scholarship Fund** is intended to provide resources to all in our community for job training and educational opportunities. This fund benefits students and adult residents.



The **Arts & Technology Fund** provides for innovative initiatives to enrich and advance current and future programs for Westford students.

Giving locally is a wonderful way to enrich the lives of people in your own community. If you would like to donate, please **make your check payable to Town of Westford** and mail it to the Tax Collector's Office, 55 Main Street, Westford, MA 01886. Please be sure to indicate which fund you would like your donation to be deposited into. We will send you a receipt for your tax records.

**If you have any questions or concerns, please contact  
Christine Collins, Tax Collector-Treasurer at 978/399-2526.  
Thank you!**

## J.V. Fletcher Library



### The J. V. Fletcher Library ADVANTAGE!



### In November 140 eBooks were added to the Library's Overdrive Advantage Collection:

Westford Residents have a special "Advantage" when they download free eBooks and eAudiobooks from [OVERDRIVE](https://www.overdrive.com) (the vendor which supplies our downloadable collection of eTitles.) In addition - to the overall collection that is available to all 36 member libraries in the Merrimack Library Consortium - the Fletcher Library purchases (throughout the year) an **Advantage Collection** of hundreds of copies of popular titles that are exclusively available to Westford library card holders.

Our latest purchase includes not only copies of the most requested eBooks (i.e. eBooks with the largest number of holds on them) but the following: eTitles to fill in holes in many favorite series; popular Young Adult fiction, best-selling Adult Non-Fiction and new, popular print titles. When you see the graphic of an orange sun (with an A and a check mark inside it) on an eTitle then you know that it is a Westford Advantage title.

Also, check out our Audiobook collection, an equally large order is ready for your browsing pleasure. Shortly, Digital Playaways and the eAudiobook Advantage Collection will be noticeably boosted as well.

[www.westfordlibrary.org](http://www.westfordlibrary.org)



## **Council On Aging - Coming Events**

### **HAM AND BEAN SUPPER**

The Annual Ham and Bean Supper will be held at the Franco American Club on Saturday, November 22nd at 6 PM, doors open early.

The dinner is being sponsored by the Westford Firefighters Association, the American Legion Post 159 and the Franco American Club.

There is no charge for the dinner, but we encourage you to bring an item for the Community Food Pantry. Please pre-register at 978-692-5523.

### **THANKSGIVING DINNER**

Jim Geraghty, family and friends, will host for the sixteenth year, a Turkey Dinner for Westford Seniors age 60 and over.

Sunday, November 23rd at Westford Academy.

Bingo will be from 10 AM -12 Noon with lunch starting around Noon.

Volunteers will serve this full course homemade dinner to you.

Seating is limited; reservations are necessary, so please call 978-692-5523 to register.

### **HOLIDAY LUNCHEON**

Join us for a catered luncheon (roast pork loin)

at the Franco American Club sponsored by The Friends of Cameron on Wednesday, December 3rd. Doors open at 10:30 AM.

Lunch will be prepared by Shirley Caterers and served around 11:30 AM.

Fee for residents lunch is \$7; Non residents \$15. Please call 978-692-5523 by November 21st for reservations.

### **MOBILE LIBRARY**

Do you enjoy reading books and magazines, watching movies, or listening to stories, but can't get to the library? Well, let the library come to you!

If you are physically unable or lack transportation, the library has a service which can help.

Please contact Judy Madsen at the JV Fletcher Library 978-399-2301 to take advantage of all the wonderful opportunities your local library has to offer.

To view the complete  
Council On Aging Newsletter  
please visit our website at:

[www.westfordma.gov/coa](http://www.westfordma.gov/coa) and click on [Newsletters](#).



Westford Senior Center



## Recycling Commission

### LEAF COLLECTION Saturday, December 6, 2014

Acme Waste Systems will be collecting leaves. The cost is \$1.25 per bag with a minimum charge of \$20.00 per pick up. Call the Town Clerk's office at 978-692-5515 to register. Place your leaves, grass clippings and pine needles into paper leaf bags and have them at the curb by 7 AM on the collection day. Leaves will not be picked up if they are not in paper leaf bags. **YOU PAY ACME DIRECTLY BY ATTACHING A CHECK PAYABLE TO ACME WASTE SYSTEMS TO ONE OF YOUR LEAF BAGS ON COLLECTION DAY.**

### HOUSEHOLD HAZARDOUS WASTE COLLECTION UPDATE

On Saturday, November 8, at the Highway Department, the Recycling Commission held its biennial household hazardous waste collection. There were about 300 cars. The average wait time was approximately 15-20 minutes down from one hour in November 2012 due to the vendor, Clean Harbors, working with us to add a second line and adding workers during the event to minimize the residents' wait time.

The important result is that hundreds of pounds of hazardous waste did not enter the waste stream and was handled and disposed of properly by Clean Harbors. The household equivalents of waste as estimated during the collection were: 228 full loads @11-25 Gallons/lbs; 87 half loads @ 4-10 Gallons/lbs; and 29 quarter loads @ 1-3 Gallons/lbs. Clean Harbors noted the volume of material per car was higher than that in some other towns they serviced.

Thanks to Elizabeth Sawyer, who organized the event, and to Recycling Commission volunteers and "Sharkey" (Dave) from the Highway garage for the help on site. Others who deserve credit are Acme Waste, Integrated Paper Recyclers, and Interstate Batteries who had their containers on site Friday and Highway Superintendent Chip Barrett and his team who had everything in place before Clean Harbors arrived to set up on Saturday morning.

### OPTION TO BUY A RECYCLING Toter

The Westford Recycling Commission offers green 64-gallon wheeled recycling toters for sale. This is an option for residents, not a requirement. If you want to purchase one, send or take a \$45 check made out to the "Town of Westford" to the Town Clerk, 55 Main Street, Westford. Include your name, address and phone number and you will be contacted. You can also use any sturdy container for your recyclables with a "RECYCLABLES" sticker affixed to it. Free stickers are available at the Town Clerk's office or you can send a SASE envelope to the Town Clerk and a sticker will be mailed to you.

**The Westford Recycling Commission thanks  
you for reducing, reusing, and recycling!**



## Agricultural Commission News

# The Great Westford Lunch runch

The Westford Agricultural Commission partnered with Westford's K-5 schools this fall to introduce students to local agriculture.

In celebration of National Food Day, Friday, October 24, more than 2000 students in Westford's 6 elementary schools and 3 private preschools were invited to see how much noise they can



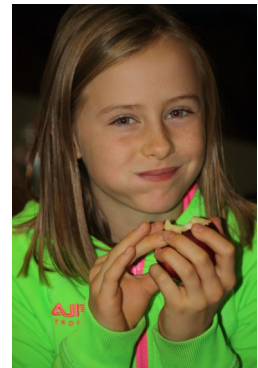
*Michelle Kane, Asst. Principal at  
Crisafulli and Robinson Schools and  
Crisafulli School  
Principal Sharon Kennelly*

collectively make in celebration of fresh food, as they took part in The Great Westford Lunch Crunch. Students were provided a whole, locally-sourced fresh apple, carrot or other crunchy vegetable of their caregiver's choosing, and invited to simultaneously "crunch" with their classmates.



A weeklong lunchtime educational program covered the nutritional benefits of eating fresh, whole foods, and the unique role of local apple production in Westford's history. A food drive was held to benefit the Westford Food Pantry, and apple cores were composted. To follow on the lesson, students were invited to make a healthy eating pledge of their own on Monday, Oct. 27. Food Day is a national day of

awareness building for healthy, affordable and sustainable food.



## Health Department News

### LAST FLU/PNEUMONIA CLINIC

The Westford Health Department will sponsor their last flu/pneumonia clinics on:

**Date: November 21**

**Time: 10:00 am- 12:00 pm**

**Location: JV Fletcher Library**

**All formulations will be available (while supplies last), including high dose for the 65 and over population.**

**Homebound individuals**, who require a home visit, should contact the Health Department at 978-692-5509 to schedule an appointment.

Annual influenza vaccine is recommended for **everyone 6 months of age and older**. Everyone, regardless of prior vaccination, will need to be revaccinated to be protected this year.

People at Increased Risk for Influenza-Related Complications:

- All children 6 months through 4 years of age.
- All persons  $\geq 50$  years of age.
- People 6 months - 18 years of age who are receiving long-term aspirin therapy.
- Women who will be pregnant during influenza season and postpartum women.
- People  $\geq 6$  months of age who have:
  - Chronic pulmonary (including asthma), cardiovascular (except hyper-tension), renal, hepatic, neurological, hematologic, or metabolic disorders, including diabetes;
  - Immunosuppression (including immunosuppression caused by medications or HIV);
  - Any condition (e.g., cognitive dysfunction, spinal cord injuries, seizure disorders, or other neuromuscular disorders) that can compromise respiratory function or the handling of respiratory secretions or that can increase the risk of aspiration.
- Residents of nursing homes and other chronic-care facilities.
- American Indians/Alaska Natives
- People who are morbidly obese (BMI  $\geq 40$ )

To get up to date information during the flu season,  
visit the Health Department website at [www.westfordma.gov/health](http://www.westfordma.gov/health)  
or sign up for our Health Department listserv at [www.westfordma.gov/subscriber](http://www.westfordma.gov/subscriber) .



## Health Department News (continued)

### EDUCATIONAL PROGRAM ON EBOLA AND ENTEROVIRUS 68

There has been a lot of concern regarding Ebola and Enterovirus 68. Please join us for an informative program on planning efforts occurring throughout the country, our region, and in our community. Risk factors and prevention efforts associated with Ebola will be discussed. Information on Enterovirus 68 and flu will also be shared. Sponsored by Circle Health Lowell General and the Westford Health Department. A Q&A session will also be held following the program. Program will be held on Tuesday Nov 18th at the Blanchard Auditorium from 7:00 p.m. - 8:30 p.m. Presenter is Morgan Gilmore RN, Infection Preventionist at Lowell General Hospital. Call 978 692-5509 to preregister.



**Facts *about*  
Ebola  
in the U.S.**

**You CAN'T get Ebola  
through AIR**



**You CAN'T get Ebola  
through WATER**



**You CAN'T get Ebola  
through FOOD grown or  
legally purchased in the U.S.**



## Health Department News (continued)

### FOOD SAFETY DURING THE HOLIDAYS

The Westford Health Department, together with the Partnership for Food Safety Education present safety tips for a fun, tasty, and SAFE family feast this year.

**Safety Tip 1: Get the right size bird for your big eaters, and thaw safely.**

Plan on a pound of whole turkey per person for your feast – and you will have some leftovers, too. The safest method for thawing a frozen whole turkey is in the refrigerator. Leave turkey in its original packaging and place in a shallow pan in the refrigerator. Allow refrigerator thawing time at a rate of 4 to 5 pounds per 24 hours.

See more about thawing methods at [www.HolidayFoodSafety.org](http://www.HolidayFoodSafety.org)

**Safety Tip 2: Cooking turkey is all about the safe internal temperature as measured with a food thermometer!**

Always use a food thermometer to ensure your turkey is cooked to a safe minimum internal temperature of 165 °F. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. A 12 to 14 pound unstuffed turkey at 325 °F takes 3 – 3 ¾ hours to cook.

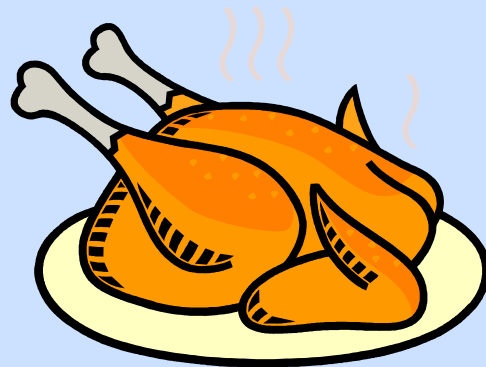
**Safety Tip 3: Love Your Leftovers—Mind the 2 hour rule.**

Temperature and time cause bacteria to grow. Put extra turkey, stuffing, and other leftovers in the fridge within 2 hours. Do you know your refrigerator temperature? Use an appliance thermometer and check to see that your fridge is at or below 40 °F. Use cooked refrigerated leftover turkey and stuffing within 3-4 days.

**Thermal/Conventional Oven Open Pan Method  
Timetable for Roasting a Turkey at 325 °F.**

**(Unstuffed Turkey)**

8 to 12 pounds 2 ¾ to 3 hours  
12 to 14 pounds 3 to 3 ¾ hours  
14 to 18 pounds 3 ¾ to 4 ¼ hours  
18 to 20 pounds 4 ¼ to 4 ½ hours



**Health Department News (continued)****FOOD SAFETY SHOPPING LIST**

Do you have these items on hand at home? If not, pick them up at your grocery store.

**CLEAN**

- Unscented liquid bleach or sanitizing spray
- Clean sponges
- Clean towels
- Paper towels
- Dish soap
- Hand soap
- Brush for cleaning fruits and vegetables

**SEPARATE**

- Two clean cutting boards (one for meat/poultry & one for fruits/vegetables)
- Large rimmed baking sheet to put under thawing turkey in fridge

**COOK**

- Accurate food thermometer
- Aluminum foil to tent resting turkey

**CHILL**

- Two Appliance thermometers (one for fridge & one for freezer)
- Kitchen timer
- Shallow containers with lids for leftovers
- Food labels for leftovers
- Plastic wrap and food storage bags



**Safe, fun, easy, and tasty.**  
It's all at [HolidayFoodSafety.org](http://HolidayFoodSafety.org)



## Health Department News (continued)

### DID YOU KNOW THAT THE WESTFORD HEALTH DEPARTMENT ACCEPTS ALL THE FOLLOWING?

#### USED/UNUSED SHARPS

The Health Department collects used sharps (syringes and lancets) from Westford residents only. Collection sites are at the Health Department located on the 2nd floor of Town Hall and at the kiosk located in the Police Department entry way. All materials must be delivered in an appropriate or sharps container and it is requested that containers are full before dropping them off. This will help avoid unnecessary costs pertaining to disposal of the materials. No commercial businesses may use this service.

Please follow these directions to ensure proper disposal of sharps containers:

- No Loose Needles. All sharps must be disposed of in a sealed sharps container.
- If you don't have a personal sharps container, please use a puncture resistant container such as a one gallon bleach bottle, a one pound sealed coffee can, or a 1.5 liter plastic soda bottle.
- No glass containers.
- No plastic or paper bags.
- Do not leave any items outside the kiosk or office.
- Ask for assistance if kiosk is full.

#### EXPIRED MEDICATIONS

If you have unused, unwanted, or expired medications that you need to get rid of throughout the year please take them out of the original container, put them into a sandwich sized zip-lock bag, and bring them to the Disposal Kiosk in the Police Station Lobby. Open 24/7.

#### **APPROVED ITEMS:**

- Prescription & Over-the-counter Medications
- Vitamins
- Medication Samples
- Veterinary Medications
- Narcotics



#### **NON APPROVED ITEMS:**

- Needles (any type) Needle Box in opposite lobby
- Liquid meds/ IV Bags
- Personal Care Products
- Hydrogen Peroxide
- Inhalers
- Thermometers & Other Mercury Items (bring to Health Department, **SEE BELOW**)
- Empty Containers (these are safe to dispose of in your regular recycling bin)

#### **MERCURY RECOVERY PROGRAM (NO Light Bulbs)**

We accept Barometers, Blood Pressure Units, Button Cell Batteries, Cooking & Fever Thermometers, Elemental Mercury, Flow Meters, and Home Thermostats that are unbroken and double plastic bagged. **DO NOT PUT THESE ITEMS IN THE TRASH, THEY ARE TOXIC!**

**Additionally we will exchange your glass Mercury fever thermometer here for a new, FREE, digital one.**

**Mercury containing bulbs may be brought to either Ace Hardware or MacKay's Hardware here in Town.**

## Health Department News (continued)

### UPPER MERRIMACK VALLEY MEDICAL RESERVE CORPS HOLDS RECOGNITION NIGHT



The Upper Merrimack Valley MRC recently recognized its members at a dinner and educational program. The 560 member regional emergency response unit covers 7 communities in the Upper Merrimack Valley. It has been instrumental in supporting public health initiatives over the past 10 years including staffing all flu clinics and staffing shelters during the ice storms. The Corps is directed out of the Westford Health Department and is made up of medical and non-medical personnel. For information on becoming trained and ready to help with public health emergencies and regional preparedness efforts, please call 978-399-2549. Become a part of a national program under the Surgeon General's Office. There are currently 1,000 units and 205,085 members!



## **Health Department News (continued)**

### **CELEBRATE WITH CARE 2014**

As we enter a busy holiday season, the Westford Health Department once again encourages residents of Westford to make the most of holiday celebrations, **Celebrate with Care**. One of the most dangerous times of the year on our nation's roadways is between Thanksgiving and New Year's Day. The holidays are supposed to be a joyful time, but for families of drunk driving victims, the season can be a painful reminder of a loved one's absence. One example of a non-alcoholic drink:

#### ***Frozen Pineapple Breeze***

1 cup cubed fresh pineapple

½ cup pineapple juice

2/3 cup coconut milk

1 TB sugar (or to taste)

Crushed ice

Puree all ingredients until smooth.



For more information, call Ray Peachey, Substance Abuse Prevention Coordinator at the Westford Health Department, 978-399-2528, or [rpeachey@westfordma.gov](mailto:rpeachey@westfordma.gov).

## **Engineering Department News**

### **Minot's Corner - Next Steps**

The intersection of Littleton Road, Boston Road and Carlisle Road, locally known as Minot's Corner, is in the middle of a significant transition from one lane in each direction and eight traffic signals, to two lanes in each direction and sixteen signal heads, with six and seven lanes for dedicated turn movements. Over the next few weeks, additional transition steps will occur to further assist commuters in adjusting appropriately to the new configuration.

Induction loops will be cut into the pavement starting next week so that the dedicated turn signals can be activated. These are the traffic signals that are currently covered in plastic or turned away. This will especially help with traffic making turn movements through the intersection. When the project is complete, all turn movements throughout the intersection will be protected from oncoming traffic and controlled by green arrows. This is one of the more important safety improvements to the intersection which had a crash rate three times the State average for an intersection of this type and size before the project started.

Until the induction loops are installed, the only option for operating the traffic lights is to put them on a fixed cycle, regardless of traffic demands or the time of day. When the signals are finally able to operate as designed, they will automatically adjust to peak hour flows and off hour demands.

It is important to note that the project is ongoing and this is still an active construction zone. The Contractor will continue to work until the winter weather arrives, and return in the Spring to install the final course of pavement, permanent pavement markings, accessible sidewalk ramps and complete any other unfinished work.



## Westford Veterans Day Ceremony - 2014



(Photo to right - L to R) Richard Holmes,  
Nick Basinas, and Fred Courchaine.  
Courtesy of Westford Eagle

